




Pilgrim Senior Center Café Menu January 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>All menu items may contain nuts, seeds, beans, wheat bran, and /or other allergens. Please contact Blackstone Health Inc. for concerns regarding Food Allergies</i></p> <p><i>Funded in part by the US administration on aging and state funds by the Rhode Island Department of Elderly Affairs.</i></p>			<p>January Salad Iceberg Lettuce-Grilled Chicken-Cucumbers Craisins-Walnuts-Light Raspberry Vinaigrette</p>	<p>1 <u>CLOSED</u></p> 
<p>4 Beef Barley Soup Meatloaf w/Gravy Mashed Potatoes Mixed Vegetables Chocolate Pudding Rye Bread</p> <p><i>(Honey Ham w/Cheese on Rye)</i></p>	<p>5 Pasta & Bean Soup Chicken Leg Quarter RI Grown Baked Potato w/Sour Cream California Blend Vegetables Diced Peaches Oatmeal Bread</p> <p><i>(Egg Salad on Oatmeal)</i></p>	<p>6 Chicken Escarole Soup French Meat Pie w/Ketchup Potato Puffs Sliced Carrots Fresh Fruit Wheat Bread</p> <p><i>(Turkey & Swiss on Wheat)</i></p>	<p>7 Split Pea Soup Baked Ham w/Pineapple Glaze Mashed Sweet Potatoes Green Beans Oatmeal Cookies Roll</p> <p><i>(Chicken Salad on a Roll)</i></p>	<p>8 Clear Chowder Seafood Newburg Seasoned White Rice Capri Blend Vegetables Ice Cream Wheat Dinner Roll</p> <p><i>(Pastrami & Swiss w/Mustard on a Roll)</i></p>
<p>11 Chicken Soup w/Anci de pepe Kielbasa w/Mustard Boiled Potatoes Cabbage & Carrots Coffee Cake Grinder Roll</p> <p><i>(Seafood Salad on a Roll)</i></p>	<p>12 White Chowder Crab Cake w/Tartar Sauce Crispy Potatoes Cole Slaw Ice Cream Hamburg Bun</p> <p><i>(Grilled Chicken on a Bun)</i></p>	<p>13 Kale & Bean Soup American Chop Suey Elbow Pasta Tossed Salad w/Dressing Vanilla Pudding Italian Bread</p>  <p><i>(Italian Tuna on Italian Bread)</i></p>	<p>14 Cranberry Juice Pot Roast w/Gravy Garlic Mashed potato Winter Blend Vegetables Biscotti Fresh Fruit Multi Grain</p> <p><i>(Turkey Salad on Multi Grain)</i></p>	<p>15 Chicken Barley Soup Chicken Marsala Seasoned Shells Vegetable Medley Pear Slices Rye Bread</p> <p><i>(Corned Beef on Rye w/Mustard)</i></p>
<p>18</p> <p><u>CLOSED</u> <u>Martin Luther King, Jr. Day</u></p>	<p>19 Orange Juice Fruit Stuffed Pancakes (2) w/Syrup Sausage Tomato Slice Fresh Fruit Cup</p>	<p>20 Tomato Soup Hamburger on a Bun w/Condiments RI Grown Potato Salad 3-Bean Salad Sports Bar</p> <p><i>(Hot Dog on a Bun w/Condiments)</i></p>	<p>21 <u>HAPPY BIRTHDAY</u></p> <p>Red Chowder Airline Chicken Mashed Potatoes Broccoli Cuts Frosted Cupcakes Wheat Bread</p>  <p><i>(Tuna on Wheat)</i></p>	<p>22 Vegetable Soup Florentine Fish Wild Rice Sliced Carrots Fresh Fruit 12-Grain Bread</p> <p><i>(Meatloaf on 12-Grain Bread)</i></p>
<p>25 Minestrone Soup Grilled Chicken Caesar Salad w/CROUTONS/Parmesan Cheese Pineapple Chunks Garlic Bread</p> <p><i>(Bologna & Cheese on Wheat)</i></p>	<p>26 Lentil Soup Stuffed Pork Chop w/Apple Sauce Ratatouille (diced eggplant w/tomato) Mandarin Oranges Dinner Roll</p> <p><i>(Shrimp Salad on a Roll)</i></p>	<p>27 Chicken Soup Liver and Onions Oven Roasted Potatoes Mixed Vegetables Fresh Fruit Pumpkin Bread</p> <p><i>(Chicken Salad on Pumpkin Bread)</i></p>	<p>28 Venus de Milo Soup Meatballs w/Sauce Penne w/Sauce Asparagus Spumoni Italian Bread</p> <p><i>(Italian Grinder)</i></p>	<p>29 Chili Soup Turkey w/Gravy Mashed Potatoes Butternut Squash Vanilla Pudding Wheat Bread</p> <p><i>(Honey Ham on Wheat)</i></p>

\$3.00 Suggested Donation. Thank you for your donations ! Your donations help keep the program going.